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# Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

**Thursday, August 21, 2025**

## Be the Cause

Live in the world of causes, not the world of effects. Become the cause to change your outer reality. Transmute all experiences into love. Be love. Be the change you wish to see in the world. God bless you my brothers and sisters.

- August 21, 2025

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Light body

Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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Founder of the City of Shamballa in 2009. Spiritual Healer and Ascension Teacher of Ray 2 Love-Wisdom. Finished Planetary Service Dharma P...

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Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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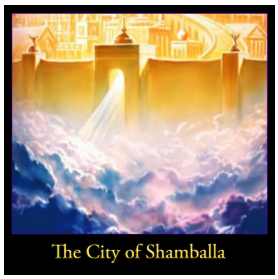


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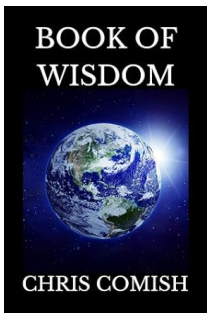


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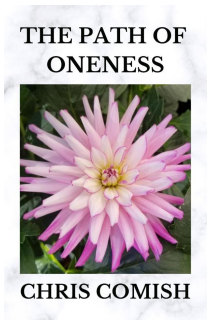


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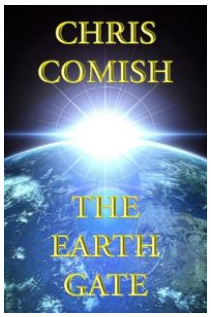


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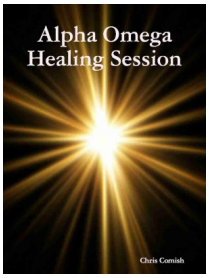


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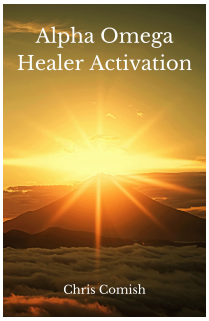


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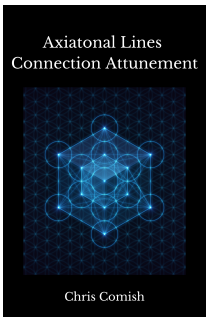


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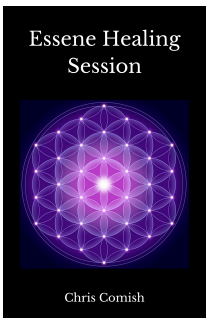


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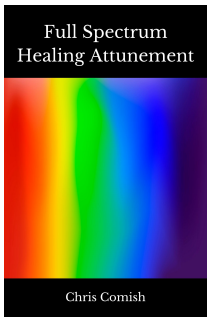


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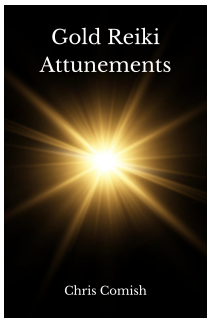


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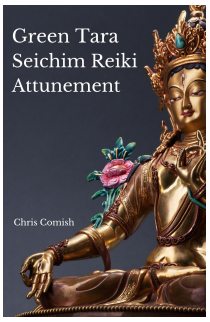


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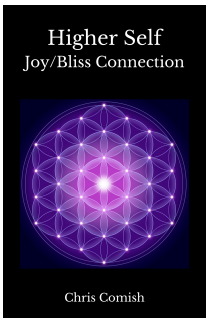


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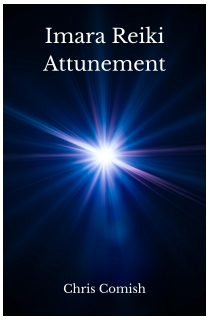


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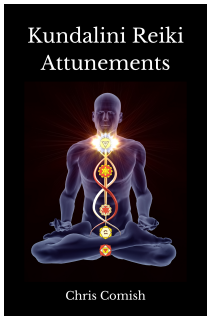


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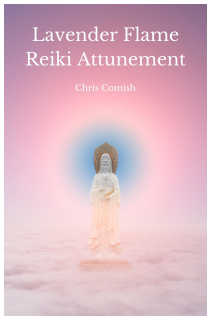


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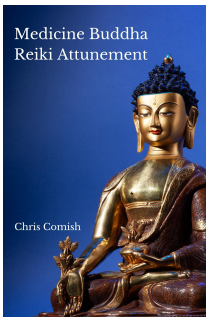


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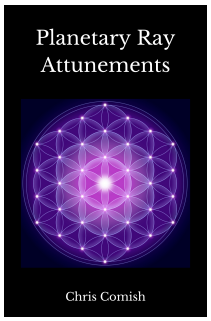


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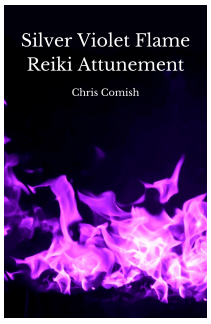


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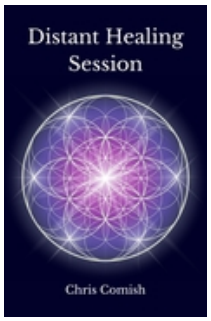


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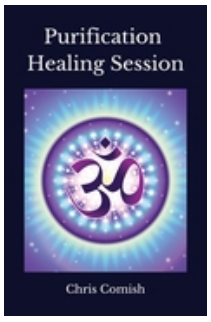


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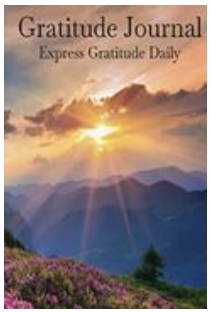


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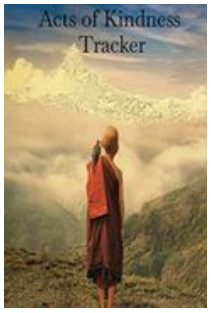


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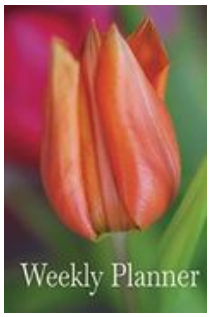


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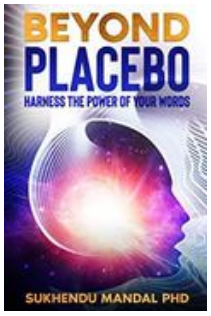


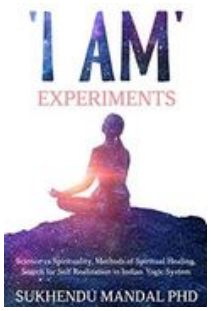


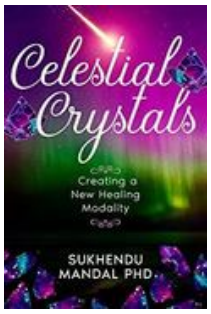


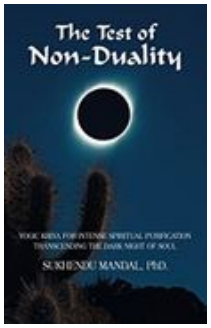


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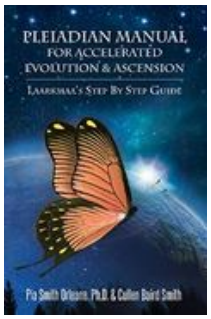

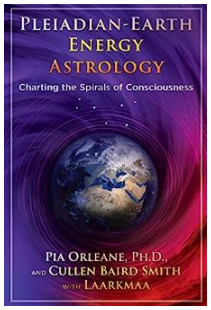
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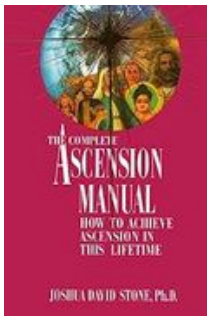
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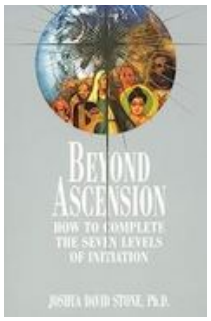
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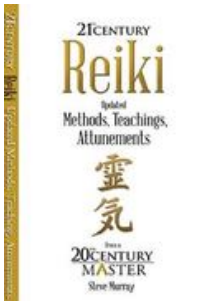
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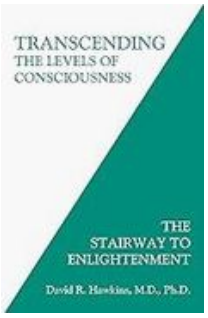
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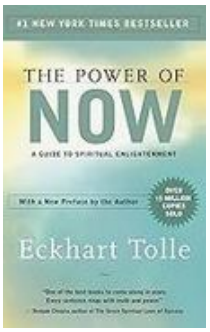
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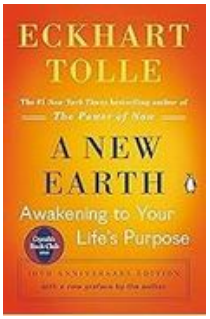
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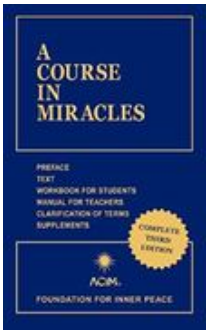
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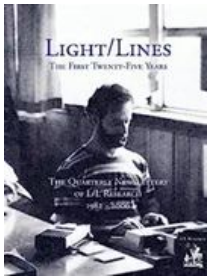
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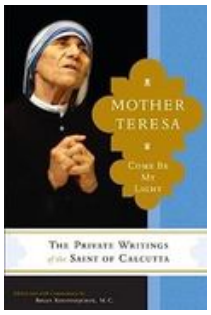
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Initiation
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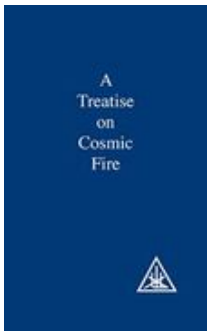
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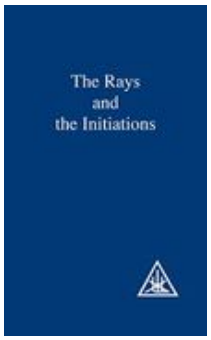
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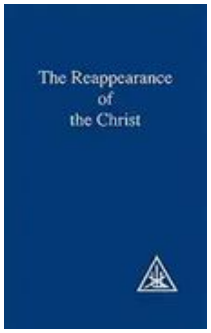
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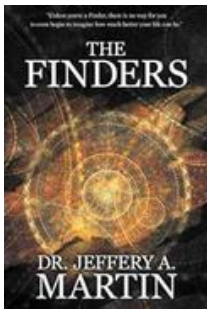
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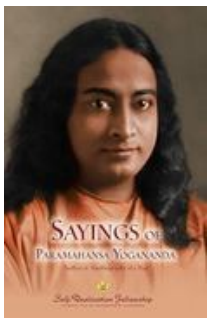
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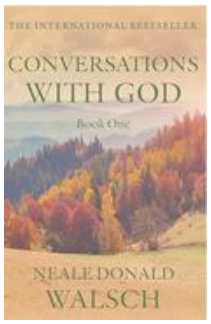
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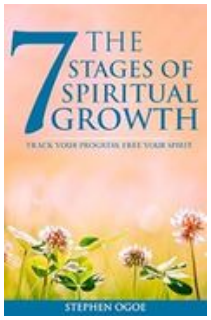
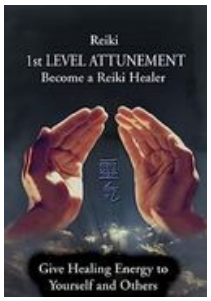
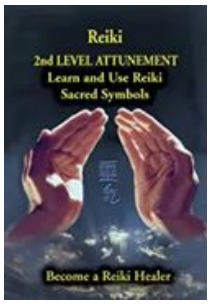
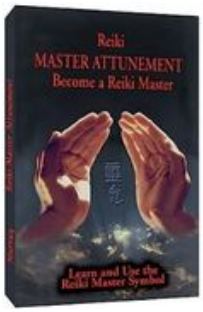
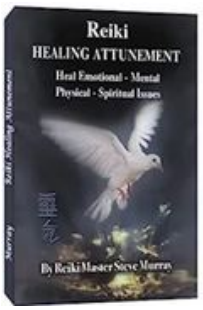



Recommended DVDs (These started Chris Comish's Reiki journey in 2006)



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- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
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- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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